



Shrimp Casserole

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



479 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10 oz alfredo sauce refrigerated
- ☐ 0.3 cup butter
- ☐ 0.5 teaspoon cajun spice
- ☐ 0.3 cup wine dry white
- ☐ 10.8 oz condensed cream of potato soup canned
- ☐ 4 garlic clove minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 10 oz bell pepper diced green red frozen

- ☐ 0.8 cup parmesan cheese grated
- ☐ 2 pounds shrimp raw deveined peeled ()
- ☐ 1 cup rice long-grain uncooked

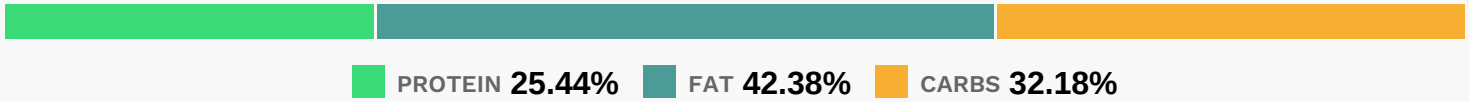
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Bring 2 cups water to a boil; stir in rice, and cover. Reduce heat, and simmer 20 minutes or until water is absorbed and rice is tender.
- ☐ Meanwhile, melt butter in a large skillet over medium-high heat.
- ☐ Add shrimp and next 2 ingredients; saut 4 to 5 minutes or just until shrimp turn pink. Stir in soup, next 4 ingredients, hot cooked rice, and 1/2 cup Parmesan cheese. Spoon into a lightly greased 11- x 7-inch baking dish.
- ☐ Sprinkle with remaining 1/4 cup Parmesan cheese.
- ☐ Bake at 400 for 25 to 30 minutes or until bubbly.
- ☐ Let stand 5 minutes.
- ☐ Note: We tested with Pictsweet Seasoning Blend for frozen diced vegetables.

Nutrition Facts



Properties

Glycemic Index:35.53, Glycemic Load:15.23, Inflammation Score:-7, Nutrition Score:20.160434925038%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg

Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg, Luteolin: 2.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 479.45kcal (23.97%), Fat: 21.73g (33.43%), Saturated Fat: 11.43g (71.44%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 35.59g (12.94%), Sugar: 2.97g (3.3%), Cholesterol: 255.25mg (85.08%), Sodium: 1764.31mg (76.71%), Alcohol: 1.37g (100%), Alcohol %: 0.48% (100%), Protein: 29.35g (58.7%), Selenium: 55.16µg (78.8%), Phosphorus: 520.37mg (52.04%), Vitamin C: 38.68mg (46.88%), Manganese: 0.65mg (32.67%), Vitamin B12: 1.88µg (31.39%), Copper: 0.49mg (24.44%), Vitamin B6: 0.46mg (23.13%), Calcium: 221.23mg (22.12%), Vitamin A: 942.95IU (18.86%), Vitamin B3: 3.69mg (18.46%), Zinc: 2.72mg (18.11%), Vitamin E: 2.6mg (17.32%), Magnesium: 53.03mg (13.26%), Vitamin B5: 1.26mg (12.57%), Potassium: 392.6mg (11.22%), Folate: 38.33µg (9.58%), Vitamin B2: 0.12mg (7.01%), Vitamin B1: 0.1mg (6.82%), Fiber: 1.53g (6.12%), Iron: 1.09mg (6.04%), Vitamin K: 5.7µg (5.43%), Vitamin D: 0.21µg (1.42%)